

Annotated Bibliography for NKA Pain Management Seminar #4

1. Benson, Herbert and Klipper, Miriam Z. (1975). *The Relaxation Response*. New York: Avon Books, Printed August 1976. Executive Summary: Dr. Benson's presentation of physiological research on Transcendental Meditation and his presentation of the simplest method of tranquility meditation.
2. Benson, Herbert and Proctor, William. (1984). *Beyond the Relaxation Response*. New York: Berkely Books. Executive Summary: Dr. Benson's presentation of the relaxation response with the addition of faith and religious visualization.
3. Benson, Herbert, et al. (2006). *Study of the Therapeutic Effects of Intercessory Prayer (STEP) In Cardiac Bypass Patients: A Multicenter Randomized Trial of Uncertainty and Certainty of Receiving Intercessory Prayer*. American Heart Journal. 2006 Apr;151(4):934-942. Executive Summary: Dr. Benson and his colleagues conduct the fourth in the series of STEP research on the effects of prayer. This study is the largest of the four, and it had two findings: First, intercessory prayer itself had no effect on whether complications occurred after CABG; Second, patients who were certain that intercessors would pray for them had a higher rate of complications than patients who were uncertain but did receive intercessory prayer.
4. Gautama, Siddhārtha. Nanamoli, Bhikkhu and Bodhi, Bhikkhu (Trs.). (1995). *Discourse on the Foundations of Mindfulness*. In Bhikkhu Nanamoli and Bhikkhu Bodhi (Eds), *The Middle Length Discourses of the Buddha* (pp. 145-155). Boston, MA: Wisdom Publications, 1995. Executive Summary: This is the primary discourse on the practice of meditation from the canonical texts of the Buddha. Essentially, the instructions require the meditator to locate a quiet place where they will be undisturbed [near a tree, by a river or waterfall, in a quiet room, etc.], to sit in a stable posture [the Lotus or Zazen posture, preferably], and to focus on their breathing in and out as the primary Object of Meditation. This will ultimately initiate the Psycho-physical Coherence Pattern when the breath rate drops to 3 breaths per minute, which will entrain the heart rate to ~ 60 beats per minute and the brain waves to ~10 cycles per second in a sustained, high-output Alpha rhythm.
5. Lopes, Philippe and White, John. (2006). *Heart Rate Variability: Measurement Methods and Practical Implications*. In Peter J. Maud and Carl Foster (Eds.), *Physiological Assessment of Human Fitness*, Second Edition (pp. 39-62). Champaign, IL: Human Kinetics. Executive Summary: This article presents research evidence on the physiological processes and health benefits underlying Heart Rate Variability [HRV]. HRV is increased when the breath rate drops to 6 breaths per minute or below, and becomes very powerful when the breath rate reaches 3 breaths per minute, triggering the Psycho-physical Coherence Pattern leading to a meditative Alpha State.
6. Rahula, Walpola. (1959). *What The Buddha Taught*. New York: Grove Press, Inc., 2nd Enlarged Edition, 1974. Executive Summary: This volume is a comprehensive introduction to the Buddhist Path, including the Four Noble Truths and the Noble Eightfold Path. Very highly recommended for beginners.

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7. Thera, Nyanaponika. (1988). *The Heart of Buddhist Meditation: A Handbook of Mental Training Based on the Buddha's Way of Mindfulness*. York Beach, MA: Samuel Weiser, Inc.; Originally published in 1962. Executive Summary: This volume is a brilliant introduction to Buddhist meditation practices. It includes a simple description of the process of meditating, as well as a series of ancient texts which deal with meditation. Highly recommended.
8. Wallace, Robert Keith and Benson, Herbert. (1972). *The Physiology of Meditation*. Scientific American. 1972 Feb;226(2):84-90. Executive Summary: Dr. Benson and Dr. Wallace discuss the 7 measurable physiological changes during Transcendental Meditation practice: 1) Reduced oxygen consumption; 2) Reduced carbon dioxide elimination; 3) Reduced respiratory rate; 4) Reduced heart rate; 5) Increased alpha rhythm [reduced beta rhythm]; 6) Reduced blood pressure; 7) Reduced muscular tension.